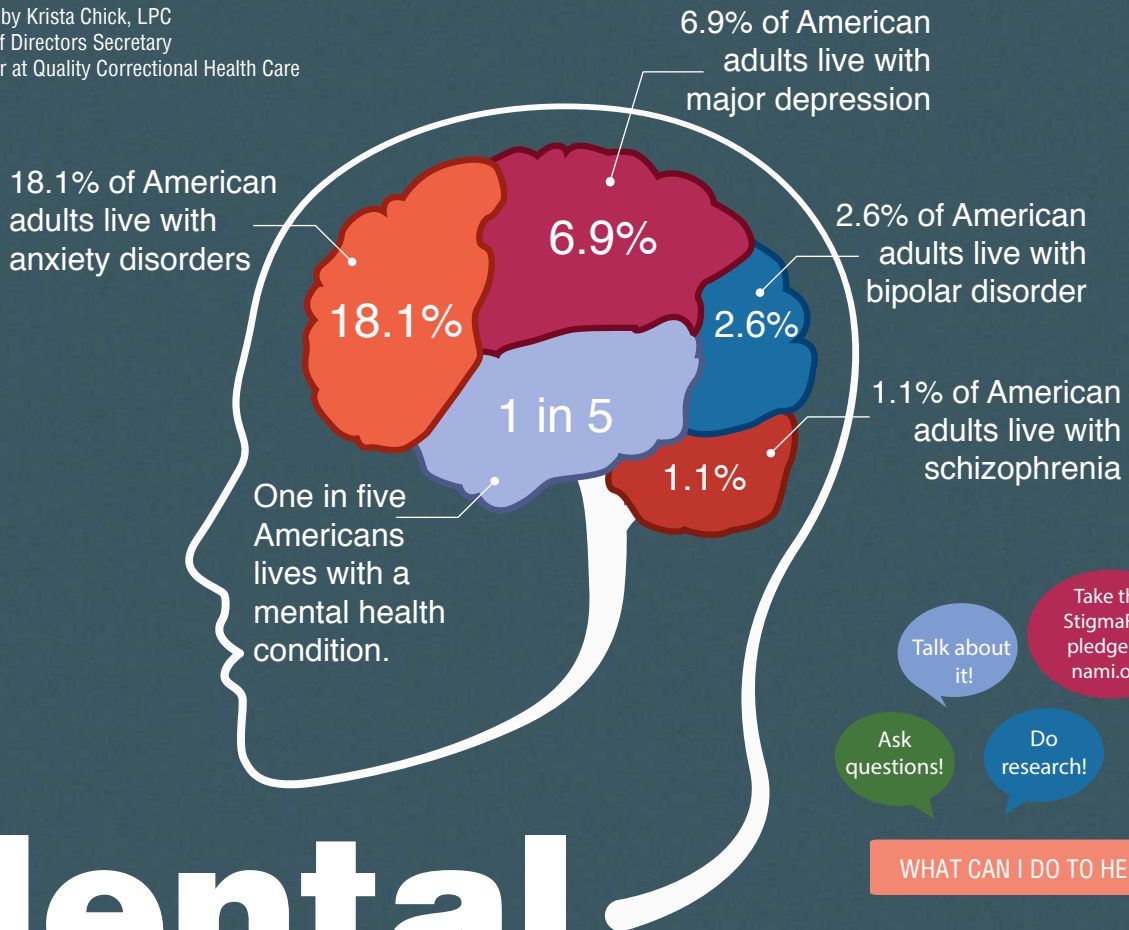


Information provided by Krista Chick, LPC  
 NAMI Shelby Board of Directors Secretary  
 Mental Health Director at Quality Correctional Health Care



Talk about it!

Take the StigmaFree pledge at [nami.org](http://nami.org)

Ask questions!

Do research!

Learn!

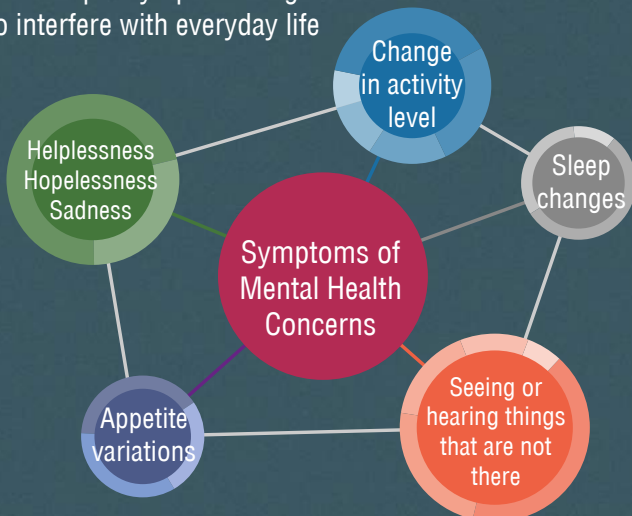
WHAT CAN I DO TO HELP?

# Mental Health.

## Awareness Month

One in five Americans lives with a mental health condition. Arguably all individuals are affected by mental illness in some way (self, family member, coworker, friend, etc.). Everyone needs to be knowledgeable about the signs so that people can get the help they need.

Seek help if symptoms begin to interfere with everyday life



NAMI Shelby offers free support groups for individuals living with mental illness and family members of individuals living with mental illness. Meetings are located at Shelby Baptist Medical Center Physician's Center Suite 100 on the fourth Tuesday of every month at 6 pm.

- If someone needs help, what steps should they take?
- Talk with your primary care doctor about a referral.
  - Call your insurance company to check on benefits.
  - Contact your local mental health center, which often offers a sliding fee scale for individuals with no insurance coverage.